



Hannah's Eggy Potato Scramble

Makes: 2 Servings

"I came up with my recipe, because I wanted a meal that was filling and healthy, and also included sweet potatoes as I really love them," says Hannah. "I do gymnastics and swimming, so I need food that is going to fill me up and give me lots of energy. I love to cook and I help my mom out in the kitchen all the time. Even my little brother Daniel (who wants to be president one day) says it is delicious. I hope you enjoy it, too."

Ingredients

2 sweet potatoes

1 cup Brussels sprouts





1 garlic clove, peeled and crushed

Nutrition Information

Nutrients	Amount
Calories	437
Total Fat	19 g
Saturated Fat	5 g
Cholesterol	386 mg
Sodium	643 mg
Total Carbohydrate	43 g
Dietary Fiber	6 g
Total Sugars	11 g
Added Sugars included	1 g
Protein	25 g
Vitamin D	2 mcg
Calcium	225 mg
Iron	4 mg
Potassium	1036 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1 1/4 cups
	Grains	1/2 ounce
	Protein Foods	2 1/2 ounces
	Dairy	1/4 cup

1 tablespoon olive oil

1 teaspoon apple cider vinegar

1 pinch salt

1 pinch pepper

1/2 cup mushrooms, chopped

4 large eggs

2 tablespoons milk

1/4 cup low-fat cheese

1/4 cup whole-wheat breadcrumbs

1/4 cup ham, shredded

Directions

1. **Preheat the oven to 400°F.** Wash and dry the sweet potatoes, place on a large baking sheet, and bake for 40 minutes.
2. **Meanwhile, in a baking dish,** toss the Brussels sprouts with the garlic, olive oil, apple cider vinegar, salt, and pepper. Add to the oven where the sweet potatoes are baking. After 10 minutes, add the mushrooms, and cook for another 10 minutes, or until the veggies are slightly browned.
3. **In a small bowl,** whisk together the eggs and milk. Cook in a nonstick pan over medium heat for about 2 minutes, or until the eggs are scrambled.
4. **When the potatoes and veggies are cooked,** remove from the oven (leave the oven on) and carefully cut the sweet potatoes in half lengthwise, being careful not to rip the skin. Scoop out the sweet potato flesh and place in a medium bowl. Add the Brussels sprouts-mushroom mixture and the scrambled eggs, mix together well, and place into the potato skins. Sprinkle the cheese,

breadcrumbs, and shredded ham on top of each potato half. Bake for 5 minutes, or until the cheese has melted.

Notes

State: Connecticut

Child's Name: Hannah Betts, 10

Source: The 2015 Healthy Lunchtime Challenge Cookbook